



**NAVAL BASE CORONADO**

# **SAF-T-LINES**



**DECEMBER 2005**

## **HOLIDAY SAFETY**

The Holiday Season is upon us once again and with all the joy it can bring, it can also make your home a hectic place and fill your life with errands to run, presents to buy and people to visit. Just as there are safety rules and precautions to help you at work, there are also safety guidelines to help you through the holidays. Of course, you wouldn't hang a danger sign on your Christmas tree or wear personal protective equipment when you build a fire in your fireplace. But as you make your Christmas "To Do List", remember to incorporate safety into all your activities so you can have a happy and safe holiday season.

### **Holiday Season Safety Tips**

#### **Alcohol, Parties, and Driving**

Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

#### **Fireplaces**

You should not try to burn evergreens or wreaths in the fireplace or in a wood stove to dispose of them. They are likely to flare out of control and send flames and smoke into the room. Also, do not burn wrapping paper in the fireplace because it often contains metallic materials that can be toxic if burned.

#### **Toys and Gifts**

Be especially careful when you choose toys for infants or small children. Be sure anything you give them is too big to get caught in the throat, nose or ears. Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

## Christmas Tree

A fire on any day seems bad, but a fire on Christmas seems to be worst. Some 300 Christmas trees caught fire in one recent year, with electrical problems the most common culprit. Here's how to keep your tree green and presents safe.

- When you buy your tree, have the vendor make a fresh cut an inch from the bottom; this will help the tree drink.
- If you buy your tree early and keep it outside, store it away from wind and sun, and keep the bottom in a bucket of water.
- Make sure your lights are safe. If you need outdoor lights, make sure the one you buy are meant for outdoor use. Make sure your lights carry certification from a testing laboratory.
- Don't use electric lights on a metal tree.
- Discard any strings of lights that are frayed or broken. Christmas lights are cheap.
- Unplug your Christmas tree before you leave or go to bed.
- Don't buy a tree that is dry and dropping needles. To check for freshness, loosely grip the end of a branch and pull your hand over it. Only a few needles should fall off.
- Make sure your tree stand holds plenty of water, and don't let it run out.
- If your tree seems wobbly, center it in the stand more securely and redo the bolts or screws. If your tree stand is cheap, buy a larger stronger one.
- If you buy an artificial tree, make sure it is fire-retardant.
- Keep your tree at least three feet from furnaces, radiators and fireplaces. Try to position your tree near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- When Christmas is over or when the tree starts to drop needles, dispose of it. Don't leave it in your house or put it in the garage.
- Keep a close eye on small children when they are around the tree; many small decorations and ornaments are sharp, breakable and can be swallowed.



## Decorations

Wear gloves while decorating with spun glass "angel hair." It can irritate your eyes and skin. A common substitute is non-flammable cotton. Both angel hair and cotton snow are flame retardant when used alone. However, if artificial snow is sprayed onto them, the dried combination will burn rapidly. When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully. These sprays can irritate your lungs if you inhale them.

## Ground Fault Circuit Interrupters (GFCI) – A Small Investment, A Big Lifesaver

Ground fault circuit interrupter is one of the most important parts of the modern electrical system. It is also one of the most misunderstood. It is often thought to be an Overload (Circuit Breaker) device. It is in fact very different.

A GFCI works by monitoring the flow of electricity through the outlet circuit. If there is any variation in the current, the GFCI will automatically cut off the flow of electricity, preventing injury.

GFCI receptacles (or GFCI circuit breakers) are required in many locations in homes, including:

- Bathrooms
- Basements/Crawlspaces
- Kitchen Countertops
- Garages
- Outside Receptacles
- By Pools and Hot Tubs



These devices are very important for the safety of your home and family. They should be installed by a qualified licensed electrician and tested often. If there is any doubt if they are operating properly they should be replaced before next use.

Underwriters Laboratories Inc. (UL) recommends that GFCIs should be tested once a month.

How to properly test GFCI receptacles in your home:

- Push the “Reset” button located on the GFCI receptacle, first to assure normal GFCI operation.
- Plug a nightlight (with an ON/OFF switch) or other products (such as lamp) into the GFCI receptacle and turn the product “ON.”
- Push the “Test” button located on the GFCI receptacle. The nightlight or other product should go “OFF.”
- Push the “Reset” button, again. The light or other product should go “ON” again.

If the light or other product remains “ON” when the “Test” button is pushed, the GFCI is not working properly or has been wired improperly. If your GFCI is not working properly, call a qualified, certified electrician who can assess the situation, rewire the GFCI if necessary or replace the device.

GFCIs are proven lifesavers, however, consumers need to take a few minutes each month to do this simple test. By taking action, you can help protect your family from risk of electric shock.

## Extension Cords

Just because the first extension cord you find in your garage has the length to reach the outlet across the room, it doesn't mean it's the proper one to use for the task at hand. If a power tool is drawing more current than an extension cord can carry, it may cause the cord and tool to overheat and create a fire. Before using any extension cord to help power an electrical tool or appliance, ask yourself three important questions:

- Will I use the cord indoors or outdoors?
- What is the total wattage rating of the appliances I'll use with the cord?
- How far is the nearest outlet from where I'll be working?



Extension cords are labeled with valuable information as to the use, size and wattage rating of the cord. To determine what size or gauge cord you will need, you will also have to determine how long you need the cord to be. A cord, based on its gauge, can power an appliance of certain wattage only at specific distances. As the cord gets longer, the current carrying capacity of the cord gets lower. For example, a 16-gauge extension cords less than 50 feet in length can power a 1625-watt appliance. A 16-gauge cord that is longer than 50 feet in length can only power an appliance up to 1250 watts. If you are going to use the extension cord with two or more appliances, you must add together the wattage rating for all appliances used on the cord. The total of those wattage ratings will help you determine which gauge size you will need.

Follow these additional safety tips when using extension cords with any electrical appliance.

- Look for the Underwriters Laboratories Inc. (UL) mark on extension cords you purchase. The UL mark means that representative samples of the cord have been tested for foreseeable safety hazards.
- Store all cords indoors when not in use. Outdoor conditions can deteriorate a cord over time.
- Never keep an extension cord plugged when not in use. The cord will still conduct electricity until it is unplugged from the outlet.
- Most newer, indoor cords with more than one outlet have covers for the unused openings, use them. Children and pets face serious injury if they chew on unused outlets or stick sharp metal objects into the openings.
- Do not use extension cords that are cut or damaged. Touching even a single exposed strand of wire can give you an electric shock or burn.
- Never file or cut the plug blades or grounding pin of an extension cord or appliance to plug it into an old outlet.
- As a safety feature, extension cords and most appliances have polarized plugs (one blade wider than the other). These special plugs are designed to prevent electric shock by properly aligning circuit conductors. If a plug does not fit, have a qualified electrician install a new outlet.

# **Cardiopulmonary Resuscitation (CPR)**

## **American Heart Association announces updated emergency care guidelines: Released: November 28, 2005**

The 2005 guidelines emphasize that high-quality CPR, particularly effective chest compressions, contributes significantly to the successful resuscitation of cardiac arrest patients. Studies show that effective chest compressions create more blood flow through the heart to the rest of the body, buying a few minutes until defibrillation can be attempted or the heart can pump blood on its own. The guidelines recommend that rescuers minimize interruptions to chest compressions and suggest that rescuers “push hard and push fast” when giving chest compressions.

“The 2005 guidelines take a ‘back to basics’ approach to resuscitation,” said Robert Hickey, MD, chair of the American Heart Association’s Cardiovascular Care programs. “Since the 2000 guidelines, research has strengthened our emphasis on effective CPR as a critically important step in helping save lives. CPR is easy to learn and do, and the association believe the new guidelines will contribute to more people doing CPR effectively.”

The most significant change to CPR is to the ratio of chest compressions to rescue breaths – **from 15 compressions for every two rescue breaths in the 2000 guidelines to 30 compressions for every two rescue breaths in the 2005 guidelines.** The 30-to-two ratio is the same for CPR that a single lay rescuer provides to adults, children and infants (excluding newborns). The change resulted from studies showing that blood circulation increases with each chest compression in a series and must be built back up after interruptions. The only exception to the new ratio is when two healthcare providers give CPR to a child or infant (except newborns), in which case they should provide 15 compressions for every two rescue breaths.

The guidelines also recommend that emergency personnel cool cardiac arrest patients for 12 to 24 hours to about 90 degrees Fahrenheit. Two significant studies have shown that such cooling results in improved survival and brain function for those who are comatose after initial resuscitation.

More than 300,000 Americans die each year of cardiac arrest, when the heart suddenly stops beating. The heart association estimates that more than 95 percent of cardiac arrest victims die before they get to the hospital.

According to the heart association, about 75 percent to 80 percent of all cardiac arrest outside a hospital happen at home, and effective CPR can double a victim’s chance of survival.

**Happy Holidays!!!**

# NAVOSH TRAINING

## CPR CERTIFICATION CLASS

**Date:** 7 DEC 2005, 10 JAN, and 7 FEB 2006  
**Where:** Bldg 678, Classroom 222  
**Time:** 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

## RESPIRATOR TRAINING CLASS

**Date:** 8 DEC 2005, 11 JAN and 8 FEB 2006  
**Where:** Bldg. 678, Classroom 222  
**Time:** Respiratory Program Assistant - 0800-1200  
 Respiratory Protection Program (Users) - 1300-1430  
 Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail [Thomas.hirzel@navy.mil](mailto:Thomas.hirzel@navy.mil) for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

## NAVOSH INSPECTION (ANNUAL) SCHEDULE

### COMMAND

### DATE

FEDERAL FIRE	5 JAN
ACOS for FACILITIES (SELF –HELP)	11 JAN
PORT OPERATIONS	31 JAN
ENVIRONMENTAL	2 FEB
OCCUPATIONAL SAFETY	2 FEB
RECYLING CENTER	2 FEB
MORALE WELFARE AND RECREATION (MWR)	9 FEB
COMHELSEACOMBATWINGPAC	28 FEB

**FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227**

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.